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PAGING DR. GUPTA

WAIT, DOCTORS AREN'T PERFECT? CNN EXPERT TAKES VIEWERS BEHIND THE SCENES IN NEW TV DRAMA PAGE 9

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'Pegger aids Daytona fans

First responder. Vacationing paramedic springs to action after crash at NASCAR event

SHANE GIBSON
shane.gibson@metronews.ca

A Winnipeg paramedic on vacation in Florida was one of the first on the scene after Saturday's spectacular crash at Daytona International Speedway.

While the paramedic declined an interview request with Metro, the president of Paramedics of Winnipeg MGEU Local 911 confirmed the Winnipegger was in the stands for Saturday's NASCAR event when a 12-car crash sent a car airborne and debris crashing through the catch fence meant to protect fans.

"As I understand it, it happened not far from her and she was able to assist others who were injured at that point, as anyone would," said Chris Broughton, who has since spoken to the woman he describes as an experienced and well-respected ambulance-based paramedic. "The difference being that as a paramedic, she's trained on what to do in those kinds of situations."

The crash hurled large pieces of debris — including a tire — into the upper and lower section of the stands, and more than 30 people were injured.

Broughton said the paramedic was able to start giving medical attention while the track's medical staff and local paramedics raced into the stands.

"It's reflective of what we do every day as paramedics," he said. "Whether it's at Daytona or if you happen to come across an accident on your day off, paramedics … are part of the community and we look out for each other."

WITH FILES FROM THE ASSOCIATED PRESS

A Winnipeg paramedic vacationing in Florida was in the stands during this horrific crash on Saturday and was one of the first on the scene to help victims.
TERRY RENNA/THE ASSOCIATED PRESS

Syrian regime ready to talk

Willingness to talk to rebels may be a sign of hope in the embattled country PAGE 3

Aboriginal kids at risk?

Effect of system is to "kill the Indian in the child," says Chief Atleo PAGE 4

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NEWS 1

Divide. Anti-bullying law stirs religious opposition

Battle lines are being drawn in Manitoba over a proposed anti-bullying law that would force schools to accommodate gay and lesbian student groups.

While some religious schools say Bill 18 is a violation of religious freedom, the province's education minister said Monday the personal rights of students take precedence.

"We feel strongly that all students deserve to be in a safe and caring learning environment," Nancy Allan said.

Opponents have already started a letter-writing campaign to press legislature members to amend or drop the bill.

It would require schools to accommodate student groups and activities that promote equality based on gender, disability, sexual orientation and gender identity. The law specifically would require schools to allow "gay-straight alliances."

THE CANADIAN PRESS

January. Snowfall testing city's clearing budget

Last month's heavier-than-normal snowfall in Winnipeg has left city officials praying for a brown Christmas in 2013.

The city spent $11.3 million of the $26.2 million budgeted for snow removal for this calendar year in January alone — leaving it $5 million over budget for the year so far.

"I don't think it'll come as a surprise to anyone. We had a lot of snow at the beginning of the year," said Coun. Jeff Browaty (North Kildonan) Monday. "It's a bad start."

According to Environment Canada, the normal snowfall amount for the city in January is 23.2 cm. Last month, Winnipeg saw 40.2 cm fall.

Browaty said the city might have to dig into last year's $3.4-million surplus to dig out of the white stuff later this year if snowfall levels remain above normal.

SHANE GIBSON/METRO

StatsCan. Manitoba rate of violence against women the 2nd highest in Canada

While violence against women in Canada is dropping, Manitoba still has one of the highest rates in the country.

Statistics Canada says police reports show that just over 173,600 women aged 15 and older were victims of violent crime in 2011, a rate of 1,207 victims for every 100,000 women in the population.

Violent-crime incidents included uttering threats and criminal harassment or stalking.

However, the agency says rates of police-reported physical assaults against women, including common assaults and serious physical assaults, fell five per cent to 705 victims per 100,000 women from 2009 to 2011.

The data also show a drop in rates of attempted murder against women over this same three-year period.

In Manitoba, the rate of violent crime against women was reported as 2,191 per 100,000. The only province that had a higher rate was Saskatchewan at 2,681.

The agency says police reports show the rate of violent crime against women was about five per cent higher than the rate for men in 2011, though women were 11 times more likely than men to be a victim of sexual offences and three times more likely to be the victim of criminal harassment.

In 2011, police reported about 78,000 incidents of violence against women by current or previous intimate partners, and the overall rate of intimate-partner violence against women was 542 per 100,000 women, almost four times higher than the rate for men. METRO, WITH FILES FROM THE CANADIAN PRESS

Alternate outlets eyed for transit smart cards

Finance committee. Fewer retail locations will sell fare products, but money can be loaded onto cards from home, official says

Winnipeg bus riders who are used to buying their passes or tickets at certain stores may have to change their shopping habits when the city switches over to its new electronic fare-collection system later this year.

Winnipeg Transit director Dave Wardrop told the city's finance committee Monday the number of retail locations where new smart cards will be available for purchase and reload will be reduced when the new system goes into effect in late 2013.

The change means Winnipeg Transit fare products will no longer be available at city Safeway locations, but Wardrop said passengers will be able to load cash onto the card from home.

"Passengers and residents will be able to purchase fare products from their home either via telephone or the Internet," he said.

Transit is spending a little more than $17 million to install new electronic fare boxes on the city's fleet of 565 buses and implement the new smart-card technology. SHANE GIBSON/METRO

Buses ahead of schedule

Winnipeggers could see bendy buses weaving through traffic a little earlier than expected, according to Wardrop.

- He told the finance committee a few of the city's refurbished articulated buses might hit the road as early as September.
- "That would be ahead of the expected schedule, but if things go well we might make it," Wardrop told media after the meeting.
- The city paid $1.1 million for 20 used bendy buses from the City of Ottawa and had originally planned to have them in operation by 2014.

Winnipeg Transit director Dave Wardrop speaks to media after updating the city's finance committee about ongoing projects Monday. SHANE GIBSON/METRO

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Prosecutors seek trial for Concordia captain

Deadly shipwreck.
Captain depicts himself as a hero, while cruise company lays blame on human error

The cruise ship Costa Concordia leaning on its side near the shore of the Tuscan island of Giglio, Italy.
PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

They are also seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge. The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives. THE ASSOCIATED PRESS

Conflict. Syria says it's ready to talk with armed rebel fighters

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

The regime's proposal is unlikely to lead to talks. The rebels battling the Syrian military have vowed to stop at nothing less than Assad's downfall and are unlikely to agree to sit down with a leader they accuse of mass atrocities.

But the timing of the proposal suggests the regime is warming to the idea of a settlement as it struggles to hold territory and claw back ground it has lost to the rebels in the nearly two-year-old conflict. THE ASSOCIATED PRESS

A Syrian woman walks past a house destroyed by a government airstrike at Jabal al-Zaweya, Syria, Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, a baby-faced defendant dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies.

But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

Defence attorney Julia Gatto argued that her client "never intended to kidnap anyone." She added: "You can't convict people for their thoughts, even if they're sick." THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the more modern labels "black" or "African-American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year when the Census Bureau distributes its annual American Community Survey. THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

Transit Tuesday
Weekly Transit News Update

REQUEST STOP SERVICE AFTER 7 P.M.
For your safety and convenience, Winnipeg Transit offers Request Stop service that allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just inform your operator at least one stop ahead of the requested stop – then exit at the front door only. However, keep in mind that the operator might not be able to accommodate your request due to road safety concerns.

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Since its inception in 1987, Winnipeg Transit's Community Relations Bus has been providing non-profit organizations an opportunity to promote their activities and events.

Available at no cost and on a "first-come first-serve" basis, the Community Relations Bus program offers free advertising to help promote various events and services provided by these groups. Look for the Community Relations Bus and help support this month's featured organizations. Visit winnipegtransit.com for more info. Interested in booking space for your non-profit organization on the CR Bus? Call 311.

DIAL-A-RIDE TRANSIT
If you live in south or southeast Winnipeg you can use the DART (Dial-A-Ride Transit) service. DART buses operate during off-peak hours only. Call 204-287-DART and speak to the bus operator to arrange pickup from your home to or from a transfer connection.

GET A TAX CREDIT
If you buy weekly or monthly bus passes, you are eligible for a public transit tax credit. Save your expired passes and sales receipts for when you file your next tax return. Some conditions apply so visit transitpass.ca for info.

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Language laws

‘Pastagate’ shames Quebec into action

The Quebec government is re-examining how it handles violations of the province’s language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec’s Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue francaise. THE CANADIAN PRESS

Warden testimony

Ashley Smith was a terror, inquest hears

Prison authorities “underestimated” how disruptive teenage inmate Ashley Smith could be before she arrived, an inquest into her death heard Monday.

Alfred Legere, former warden of the Nova Institution for Women in Truro, N.S., testified that Smith began causing problems almost immediately.

Her self-harming reputation preceded her. Unusually, she was placed immediately on arrival at Nova in segregation.

Among other things, Smith smeared herself with excrement and threw feces at guards. She trashed two segregation cells by breaking sprinkler heads, windows and cameras.

Prison authorities, among them mental-health professionals, drew up a plan that included withdrawing warmth and giving her the silent treatment if she acted out. THE CANADIAN PRESS

Child-welfare crisis as bad as residential schools: Atleo

Human Rights Tribunal. Assembly of First Nations chief says under-funding tearing kids from homes

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare that brought Canada so much shame, says the national chief of the country’s largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights Tribunal on Monday that many reserves don’t have the resources to keep children safe when their families are struggling.

Instead, the children are being sent into institutional care by the thousands, he said.

While exact totals are impossible to come by, the AFN and experts estimate there are at least 27,000 aboriginal children who have been removed from their immediate families. That’s easily double the number forced into residential schools in the late ’40s and ’50s.

“The removal appears not be driven directly by an intention ‘to kill the Indian in the child’ but the consequences are nonetheless the same,” he said.

Families are falling apart, communities are losing their culture, youth are going to jail and the cycle of poverty is well entrenched, said Atleo.

The AFN and the First Nations Child and Family Caring Society started legal action in 2007, arguing that child-welfare services on reserves received 22 per cent less funding, though the need was far greater.

Federal officials argue that funding has risen by 25 per cent since 2007 to $618 million in the 2011-12 fiscal year. THE CANADIAN PRESS

Ten-month-old Mylee stands in her crib as her brother sits on a temporary cot in their home in Attawapiskat, Ont., in December 2011. There are no plumbing or sanitary facilities in their residence. FRANK GUNN/THE CANADIAN PRESS FILE

‘Illegal migrants.’ Feds taken to court over change to health care for refugees

The lives of thousands of refugee claimants in Canada are being jeopardized by a federal policy that is unconstitutional, says a group of doctors and lawyers taking the government to court.

Canadian Doctors for Refugee Care and the Canadian Association of Refugee Lawyers launched a court challenge Monday over last year’s changes to health-care coverage.

Immigration Minister Jason Kenney dismissed the claims of “militant leftists” after question period on Monday.

“We have no ... obligation to give taxpayer services to bogus asylum seekers, rejected claimants — people who are effectively illegal migrants.”

Up until June 30, 2012, the federal government covered the costs of medical care for claimants until provincial coverage kicked in or after their claims had been rejected.

But the government put an end to almost all supplemental health-care benefits, slashing coverage in some cases to care only when it was a public health emergency.

The changes depend on whether the claimant comes from a country deemed “safe” and where it is less likely someone will be persecuted. THE CANADIAN PRESS

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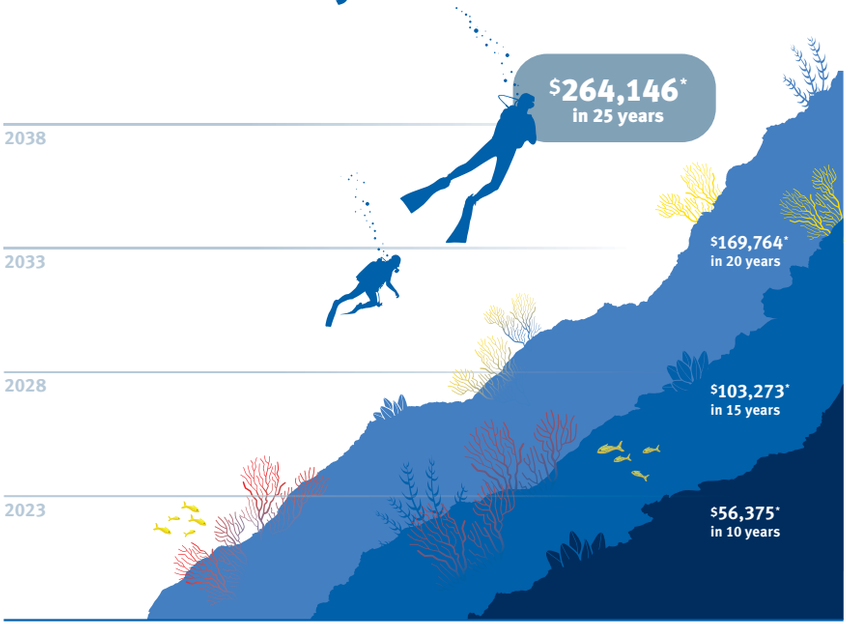

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Economy. Exports drag down BoC's outlook

The country's economic growth is facing another set of challenges, and weakness in exports is weighing particularly heavy on the Bank of Canada's outlook, governor Mark Carney said Monday.

"In the very near term, more of the elements of the downside risk have materialized than the upside risks," Carney said. He made the comments following disappointing economic data last week that showed inflation at its lowest point in more than three years and a holiday shopping season that fell short of expectations.

THE CANADIAN PRESS

Bank of Canada governor Mark Carney speaks at the Richard Ivey School of Business in London, Ont., Monday.
THE CANADIAN PRESS

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries

JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.

In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm, Sweden. The Swedish furniture giant was drawn into Europe's widening food labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe. JESSICA GOW/THE ASSOCIATED PRESS

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Britain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

Greenhouse gases

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year, and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions over the life of 2014 to 2018 model year vehicles.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.31¢ (-0.65¢)

TSX 12,650.87 (-50.76)

OIL $93.11 US (-2¢)

GOLD $1,586.60 US (+$13.80)

Natural gas: $3.42 (+13¢)
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ARE YOU HAVING ENOUGH SEX?

SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young, attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

Of course, it isn't really so much about what you wear but what you know. Since formal sexual education is predominantly based on a what-not-to-do curriculum, most of us rely on the Internet and our friends to expand our repertoire of sexual knowledge.

But perhaps we should be talking about it even more, not in a contrived Sex-and-the-City way over cosmopolitans but in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

I know sex isn't everything but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on Twitter @MetroSheSays

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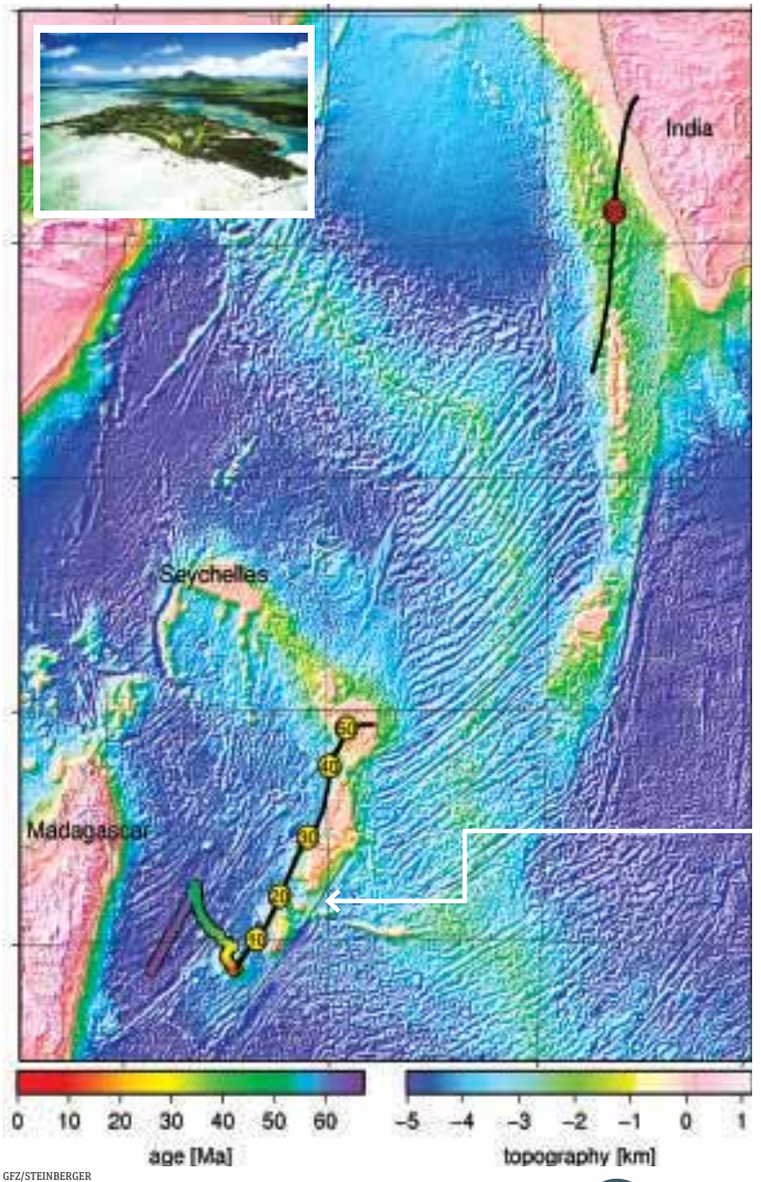
Paradise no longer lost



GFZ/STEINBERGER

New world discovered

Continent under Mauritius found

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. METRO

Continental crust

Seychelles: lost continent

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. METRO

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. METRO

Metropolitan Panel

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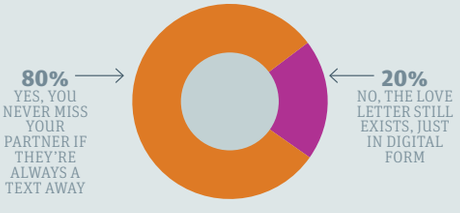
Is digital communication killing romance?



Twitter

@Laurenkparsons: Walking up the broken escalator at UofW - just like the good ol days. #winnipeg

@PayChen: I am not so concerned about finding horse meat in IKEA meatballs as I am about finding horse meat in my MALM dresser.

@SoulessBarista: Seen a guy with his pants around his knees. Should I have offered to help him find a restroom so he could change himself? #not-attractive

@sydneykthompson: You're walking around school wearing pajamas and blowing bubbles how classy

@policyfrog: As long as the hot dogs remain 100% ground snout, then IKEA can put whatever it wants in the meatballs.

metro
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DVD review

Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads likes a history of the movies, from The Jazz Singer (1927) at the dawn of the sound era to Inception (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: Tales From the Warner Bros. Lot and The Warner Bros. Lot Tour. And both sets also have a whopper of a price tag: $600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL

Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama Golden Boy. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks

NED EHRBAR
Metro World News in Hollywood

The folks behind Golden Boy are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commissioner in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others are presently in jail."

And just what kind of commissioner the main character on Golden Boy becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, and premieres tonight.

That dude from Downton

Avid TV fans may recognize Golden Boy star Theo James from an early and pivotal episode of Downton Abbey in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

Author gets crazy in the Sunshine State

Humorist Dave Barry has a wacky new novel called Insane City. GETTY IMAGES

Insane City. Dave Barry's new book is a screwball adventure

DOROTHY ROBINSON
Metro World News in New York

Dave Barry's special brand of book writing—outrageous plots, loony characters, susceptible quests, inept bad guys—is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another; just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get weird in his first solo adult novel in more than a decade, Insane City, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancee's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan, as well.

Barry says that he found a believable protagonist in Seth."Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the new collaboration onstage in London this weekend.

"I got love for (Jay-Z), but I ain't f---ing with that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f—ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

The Word

Janet Jackson is a married woman?

THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true.

Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-looking dude was tapping on my car window. I rolled down the window and he said,'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."

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metro

DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?
It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?
That these meetings happen at all. I've been going to them for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?
The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?
It has to become more open sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now. On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?
The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?
People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

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RRSP GUIDE

Tuesday, February 26, 2013

Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

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So many choices

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of $22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto. "The RRSP contribution amount is then deducted from your income, thus reducing the amount of tax you pay while providing you with tax deferred growth of those funds until your eventual withdrawal of those funds, typically during retirement."

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

There are several qualifiers — and legalities regarding how money gets divided in the event of a breakup — so it's important to know the rules before embarking on this type of savings strategy.

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

The downside may include restrictions to the investment options and withdrawal of funds, Cheng added.

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

How to save properly

MICHELLE WILLIAMS
For Metro

Following some simple tips can help make sure that you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year."

4 Save through your company. Find out if your employer offers a group RRSP for employees. Sign up and deductions come off your paycheque. "It's always better to have the money there sooner, collecting interest." You save even more because the contributions come off your income before taxes, so you reduce the amount of tax you pay at source. The added bonus is these contributions are sometimes topped up by employers.

Cashing in. Resist temptation

It's not a great strategy to cash in your RRSP to make purchases, such as a new car. ISTOCKPHOTO/THINKSTOCK

While it might never occur to many people to use their RRSP investment to make discretionary purchases, "it happens all the time," says senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto.

People cash in their RRSPs for all sorts of reasons, including credit card debt and luxury items like cars and vacations.

"Not a great strategy because most of us are only getting about 66 cents on the dollar, maybe less," Pereira said.

"Some people treat these investments like savings accounts. I've even known people to cash in RRSPs to buy a big-screen TV or pay for dog grooming."

Pereira believes that the most common reason for cashing in RRSPs is poor money management.

"It's often people who aren't financially organized, who are living beyond their means."

When you take money out of your RRSP, you are charged a withholding tax on the money, plus you have inflated your income, increasing your total income tax bill and potentially putting yourself into a higher tax bracket. That, plus the loss in deferred growth, means you are taking a huge financial hit in the longer term.

Does it ever make sense to cash your RRSP before retirement?

"You always have to look at each situation and determine the implications," Pereira said.

"I believe you have to look at this as a 'put money away for when you don't have an income' account rather than simply a retirement plan."

If you are out of work or if you go on maternity leave close to the beginning of the calendar year, then your tax penalty is minimal because your income is low, so withdrawing from your RRSP will help you through financially difficult times.

Government programs like the Home Buyer's Plan for first-time homebuyers and the Lifelong Learning Plan for people looking to retrain for new careers do allow Canadians to use their RRSP saving without tax penalty if the money is paid back to the account in the set period of time.

"Ultimately, when you withdraw from your RRSP, you inevitably lose the tax-sheltered compound growth for your retirement," Pereira said.

"But at end of day, you have to do what's in the best interest of your financial future." MICHELLE WILLIAMS

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How expensive is your lineage?

Saving for retirement. Think you might live to see 100? That's going to cost you

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Saving for retirement is truly more expensive than in previous decades. ISTOCK IMAGES

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long life are enormous; significantly more savings are required to support a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us.

So, you might want to downsize that $5 Vente Vanilla Frappuccino to a $2 tea, and put that $3 savings into your RRSP.

If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

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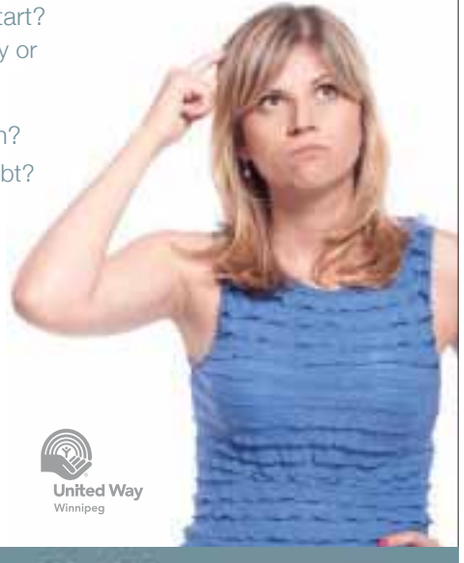

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Beef up cabbage rolls by skipping rice in favour of orzo

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Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned. Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

Health Solutions

Comfort food without uncomfy pants

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmness on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Two months in: your resolution quiz

Goals working out? Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013

ROMINA McGUINNESS
romina.mcguinness@metro.lu

1. Over the last couple months, your workout routine consisted of:
A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.
B A five-km jog in the park every Sunday morning and daily snowball fights.
C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:

A Five kilos. You blame the stuffing in the turkey and the butter in the mashed potatoes.
B Two kilos. Your family bans anyone from using the word diet at the dinner table and anyone who does has to eat an extra slice of cake.
C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?
A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?
B You don't believe in calorie counting. You know very well when you've had enough to eat.
C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:
A Pretty much non-existent. You try and go to the gym a couple of times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.
B Regular-ish.
C Set in stone. You let nothing interfere with your workout schedule.

So you're two months into your new year's resolutions. Still on track? GETTY IMAGES/ISTOCKPHOTO

5. You feel like you've had a good workout if you:
A Do 20 star jumps to stay warm and kill time as you wait for the bus.
B Manage to not walk out of that 45-minute body pump class.
C Do a full hour of cardio (running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:
A Walked up the 10 steps to your front door (they're super steep!).
B Do a 100-m sprint.
C Run for 10 km.

7. You have an hour to kill, do you:
A Make a massive bowl of popcorn drenched in sugar and butter and catch up on TV
B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.
C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike ride.

8. Exercise makes you feel:
A Bored, tired and achy.
B Alert and happy, but in a lot of pain.
C Energetic, purposeful and alive.

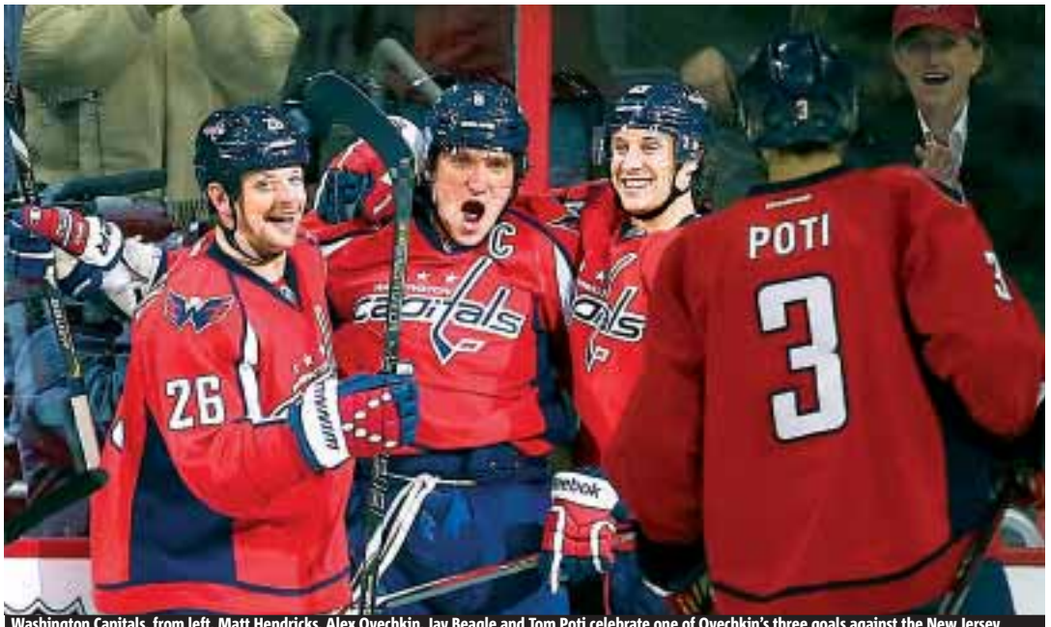
Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013. Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions. Your approach to wellbeing is more "carpe diem" than cardio. "If you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

17-24 points: What you're doing is great, but you need to mix things up a bit! "Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.



Washington Capitals, from left, Matt Hendricks, Alex Ovechkin, Jay Beagle and Tom Poti celebrate one of Ovechkin's three goals against the New Jersey Devils on Saturday in Washington. It was Ovechkin's first hat trick in more than two years. BRUCE BENNETT/GETTY IMAGES

Caps stir pot ahead of reunion with Semin

NHL. Brouwer says enigmatic former teammate was 'tough to play alongside' ahead of Southeast division clash

Old friends Alex Ovechkin and Alexander Semin planned to get together for dinner Monday night, ahead of the Washington Capitals' big game against the Carolina Hurricanes on Tuesday.

It's safe to say Troy Brouwer would not be joining them.

Brouwer took a few potshots at Semin's work ethic after Monday's practice, reviving the reputation that dogged the talented but enigmatic Russian's seven seasons in Washington. The Capitals finally said goodbye to Semin last summer, and he signed with the Hurricanes as a free agent.

"It was tough to lose his scoring ability, when he wanted to play," Brouwer said. "But all in all I think we've been doing well without him.... Some nights you didn't even know if he was going to come to the rink. It's tough to play alongside guys like those because you don't know what you're going to get out of 'em."

For good measure, Brouwer also said the Capitals had a "very lackadaisical" culture under former coach Bruce Boudreau. The streak of candour highlighted an eventful day of news good and bad that comes just as Ovechkin and the Capitals are finding themselves with a chance to ride some momentum and get out of last place.

Goaltender Braden Holtby and defenceman John Erskine both signed two-year contract extensions, Holtby for $3.7 million and Erskine for $3.925 million. But centre Nicklas Backstrom missed practice with an illness and left-winger Jason Chimera departed early with a lower-body injury.

The Capitals are one of the surprises so far in the lockout-crunched season, losing 11 of their first 17 games to sit near the bottom of the NHL standings. But they're coming off of a dominating turn-back-the-clock performance, with Ovechkin scoring his first hat trick in more than two years in a 5-1 win over the New Jersey Devils on Saturday. THE ASSOCIATED PRESS

Division drama

This could be a make-or-break week for the Capitals.

- A win Tuesday would pull them within four points of the division-leading Hurricanes.
- There's also a road game against the division-contending Winnipeg Jets and a game against the Philadelphia Flyers.

Redmonds extend thanks to Jets

Zach Redmond is recovering from surgery after the femoral artery in his right leg was cut at practice on Thursday. FRANCOIS LAPLANTE/FREESTYLE PHOTO/GETTY IMAGES

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital as he recovers from surgery to repair a skate cut to his right thigh.

The 24-year-old rookie suffered a gash to his right femoral artery and vein during a practice Thursday.

His family released a statement Monday thanking the Jets training staff and players for their quick action.

The Redmonds say they saved his life.

Redmond was accidentally cut by a teammate's skate during a drill.

He was taken to hospital where he underwent a three-hour surgery to repair the injury.

"We are eternally grateful for the quick response of the Winnipeg Jets training and coaching staff as well as Zach's teammates, who without reservation jumped to his aid, heroically took control of the situation and made sure Zach was given the proper care, in turn saving his life," the family said in the statement. "Zach is currently in positive spirits, and getting the rest he needs while surrounded by family and friends in a Raleigh area hospital."

THE CANADIAN PRESS

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. THE ASSOCIATED PRESS

NFL

Brady signs 3-year extension: Source

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about $27 million and will free up nearly $15 million in salary-cap room for the team.

THE ASSOCIATED PRESS

NHL

Leafs survive in Philadelphia

Phil Kessel, Nikolai Kulemin, Mikhail Grabovski and Jay McClement scored to lead the Toronto Maple Leafs to a 4-2 win over the Philadelphia Flyers on Monday night.

Ben Scrivens made 23 saves for Toronto, which survived a double-minor against leading scorer James van Riemsdyk in the third period. Van Riemsdyk, who was drafted by the Flyers in 2007, was held scoreless in his return to Philadelphia.

THE ASSOCIATED PRESS

Leafs goalie Ben Scrivens makes a save on Monday in Philadelphia. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

♉ Taurus
April 21 - May 21
Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

♊ Gemini
May 22 - June 21
If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

♋ Cancer
June 22 - July 23
If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

♌ Leo
July 24 - Aug. 23
Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

♍ Virgo
Aug. 24 - Sept. 23
You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

♎ Libra
Sept. 24 - Oct. 23
You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

♏ Scorpio
Oct. 24 - Nov. 22
It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

♐ Sagittarius
Nov. 23 - Dec. 21
Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

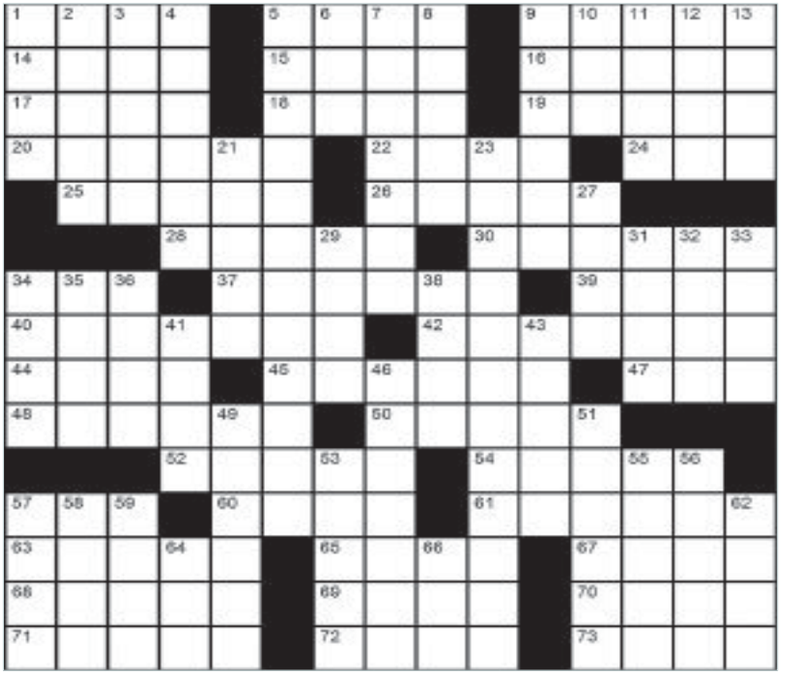
♑ Capricorn
Dec. 22 - Jan. 20
Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

♒ Aquarius
Jan. 21 - Feb. 19
You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

♓ Pisces
Feb. 20 - March 20
Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" **SALLY BROMPTON**

Crossword: Canada Across and Down

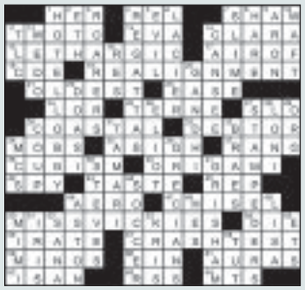
BY KELLY ANN BUCHANAN



Across
1. Singer Ms. Jordan
5. "Rio __" (1970) starring John Wayne
9. John of "SCTV"
14. ___ bit of light in (Tilt the blinds)
15. Hamilton football venue until recently, __ Wynne Stadium
16. Keep _ __ head (Remain calm)
17. __ __ now (Up to this point)
18. Playthings
19. Dish out
20. Be the final player up: 2 wds.
22. "__ la vie!"
24. US political designation
25. Danger
26. The Hunter constellation
28. Stagnant
30. Aspirations
34. Mudbath locale
37. Mr. Kutcher
39. Hockey movie, "__ Shot" (1977)
40. metronews.ca, for one
42. Use a ruler
44. Botanical 'coat'
45. Prince William's brother, and others
47. Huffy
48. Richard Gere flick, "American __" (1980)
50. "American Idol" Season 5 winner, Taylor __
52. Hockey great Mr. Hull
54. Practice eco-friendliness
57. Band-Aid, et al.
60. Comic Mr. Macdonald
61. Proprietors
63. B-day web greeting
65. Feels yucky
67. Montreal-born singer Vannelli
68. "Party Rock Anthem" duo
69. Door handle
70. "From here ___...": 2 wds.
71. Ambulance signal
72. Like omelets
73. "Disco Duck" singer Rick

Down
1. Smelting waste
2. Ancient teller of fables
3. Swiped
4. "Surfin' __" by The Beach Boys
5. '80s TV series starring a dog, "The __ __"
6. Ab __ (From the beginning, in Latin)
7. Type of protest
8. Canadian figure skating great Brian
9. Beaver: French
10. Hotshot
11. North: French
12. Peace bird
13. Cosmology's original matter
21. Mount of the Bible
23. Hockey star from Nova Scotia: 2 wds.
27. Scotland's Loch __ Monster
29. "Cheers" star Ms. Perlman
31. Reunion attendee
32. Actress, Rooney __
33. Accelerated
34. Celebrity 'gifting suites' items, __ bags
35. Ms. Gilpin of "Frasier"
36. '80s hit: "In _ __ Country"
38. Actor Mr. Katz
41. Untidy type
43. Lopsided
46. Rapper's skill
49. Ontario city
51. Ra, in ancient Egypt: 2 wds.
53. Car stopper
55. River of Paris
56. "Sesame Street" character
57. Phone nos.
58. Caesar's 1901
59. Johannesburg, _. __.
62. Family members
64. Actress, __ Dawn Chong
66. Captain's record

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8		1		3	
6								7
		7		6		8		
	2	6		1		3	8	
	1			4			9	
	4	9		3		5	6	
		8		5		2		
9								6
	7		6		3		4	

Yesterday's Sudoku

6	3	8	7	1	2	5	9	4
9	1	7	6	4	5	3	2	8
2	5	4	3	9	8	7	1	6
7	9	1	4	5	3	6	8	2
4	8	6	2	7	9	1	5	3
5	2	3	8	6	1	4	7	9
1	4	5	9	2	6	8	3	7
3	7	2	1	8	4	9	6	5
8	6	9	5	3	7	2	4	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -3° MIN: -8°	MAX: -3° MIN: -14°	MAX: -8° MIN: -21°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
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